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WHAT THE CLAIM IS:

~~1. A method for installing at least one~~ of a cable, a rod and a tube in a length of conduit comprising the steps of:

providing a first, lubricous polymeric material;

providing a second, high tensile strength polymeric material;

coextruding said first and second polymeric materials so as to produce a tube having an inner core of said first polymeric material and an outer layer of said second polymeric material thereby forming a coextruded tube having an interior surface with a low coefficient of friction;

selecting a length of said coextruded tube which can fit inside said conduit;

installing said coextruded tube within the conduit so as to extend along the length thereof; and

installing at least one of a cable, a rod and a tube in said tube.

2. A method as in claim 1, wherein said step of providing a first, lubricous polymeric material comprises providing a polymer chosen from the group consisting of Teflon®, silicone impregnated polyethylene, graphite impregnated polyethylene.

3. A method as in claim 1, wherein said step of providing a second, high tensile strength polymeric material comprises providing high molecular weight, high density polyethylene.

11

Claim 1

4. A method as in claim 2, wherein said step of providing a first, lubricous polymeric material comprises providing silicone impregnated polyethylene wherein the concentration of silicone in relation to polyethylene is between about 0.01% and about 20% by weight.

5. A method as in claim 1, further comprising forming radially protruding ribs which extend longitudinally along at least a portion of the length of said coextruded tube on at least one of the inner surface and the outer surface of said coextruded tube.

6. A method as in claim 5, wherein said step of forming ribs comprises forming ribs on both the inner and outer surfaces of said coextruded tube.

7. A method as in claim 2, further comprising forming radially protruding ribs which extend longitudinally along at least a portion of the length of said coextruded tube on at least one of the inner surface and the outer surface of said coextruded tube.

8. A method as in claim 5, wherein said step of forming ribs is performed concurrently with said step of coextruding.

9. A method as in claim 1, wherein said step of coextruding further comprises coextruding said first and second polymeric materials so as to form a coextruded tube having alternating circumferentially inwardly directed portions and

circumferentially outwardly directed portions along at least a portion of the length of said coextruded tube.

10. A method as in claim 2, wherein said step of coextruding further comprises coextruding said first and second polymeric materials so as to form a coextruded tube having alternating circumferentially inwardly directed portions and circumferentially outwardly directed portions along at least a portion of the length of said coextruded tube.

~~11. A coextruded plastic tube having a~~ permanently lubricated inner surface which comprises a pair of telescopically related inner and outer cylindrical portions, said inner portion including a highly lubricous polymeric material and said outer portion including a high tensile strength polymeric material.

~~12.~~ A coextruded tube as in claim ~~11~~, wherein said highly lubricous polymeric material is chosen from the group consisting of Teflon®, silicone impregnated polyethylene, and graphite impregnated polyethylene.

~~13.~~ A coextruded tube as in claim ~~12~~, wherein said highly lubricous polymeric material is silicone impregnated polyethylene and the concentration of the silicone in relation to the polyethylene resin is between about 0.01% and about 20% by weight.

4 ~~14~~. A coextruded tube as in claim 1 ~~11~~, wherein said high tensile strength polymeric material comprises high molecular weight, high density polyethylene.

5 ~~15~~. A coextruded tube as in claim 1 ~~11~~, wherein at least one of the inner surface and the outer surface of the tube includes radially protruding, longitudinally extending ribs, said ribs extending along at least a portion of the length of said tube.

6 ~~16~~. A coextruded tube as in claim 2 ~~12~~, wherein at least one of the inner surface and the outer surface of the tube includes radially protruding, longitudinally extending ribs, said ribs extending along at least a portion of the length of said tube.

7 ~~17~~. A coextruded tube as in claim 1 ~~11~~, wherein the walls of the tube have alternating circumferentially inwardly directed portions and circumferentially outwardly directed portions along at least a portion of the length thereof.

8 ~~18~~. A coextruded tube as in claim 2 ~~12~~, wherein the walls of the tube have alternating circumferentially inwardly directed portions and circumferentially outwardly directed portions along at least a portion of the length thereof.

Sub a2 ~~19. A prelubricated innerduct for~~ installing at least one of ~~a cable~~, a rod or a tube in a ~~length of~~ conduit comprising:

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14

claim 9

a coextruded plastic tube having inner and outer cylindrical portions, said inner portion including a highly lubricous polymeric material and said outer portion including a high tensile strength polymeric material whereby said coextruded tube has a permanently lubricated inner surface.

20. An innerduct as in claim 19, wherein said inner portion includes a highly lubricous polymeric material chosen from the group consisting of Teflon®, silicone impregnated polyethylene, and graphite impregnated polyethylene and said outer portion includes high molecular weight, high density polyethylene.

21. A method for extending at least one of a cable, a rod, and a tube from a first location to a second location, spaced from said first location, comprising:

providing a first, lubricous polymeric material;

providing a second, high tensile strength polymeric material;

coextruding said first and second polymeric materials so as to produce a tube having an inner core of said first polymeric material and an outer layer of said second polymeric material thereby forming a coextruded tube having an interior surface with a low coefficient of friction;

selecting a length of said coextruded tube which can extend from said first location to said second location;

placing said coextruded tube so as to extend from said first location to said second location; and

placing at least one of a cable, a rod and a tube in said coextruded tube so as to extend from said first location to said second location.

22. A method as in claim 21, further comprising forming radially protruding ribs which extend longitudinally along at least a portion of the length of said coextruded tube on at least one of the inner surface and the outer surface of said coextruded tube.

23. A method as in claim 22, wherein said step of forming ribs comprises forming ribs on both the inner and outer surfaces of said coextruded tube.

24. A method as in claim 21, wherein said step of coextruding further comprises coextruding said first and second polymeric materials so as to form a coextruded tube having alternating circumferentially inwardly directed portions and circumferentially outwardly direction portions along at least a portion of the length of said coextruded tube.

25. A method as in claim 21, wherein said step of placing said coextruded tube so as to extend between said first location and said second location comprises burying ~~placing~~ said coextruded tube directly ~~in a trench which has been formed~~ in the ground between said ~~first location and said second location.~~

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